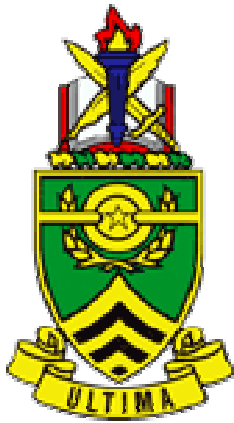


# Spiritual Fitness

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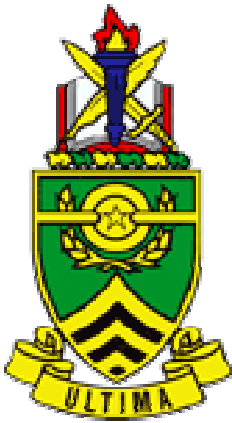




# Purpose



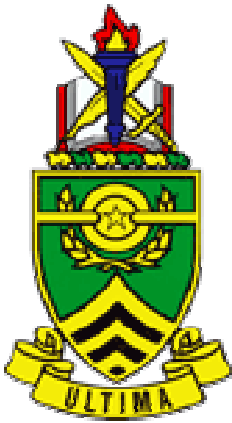
To Provide Leaders a working  
Definition and Model of  
Spiritual Fitness.



# References



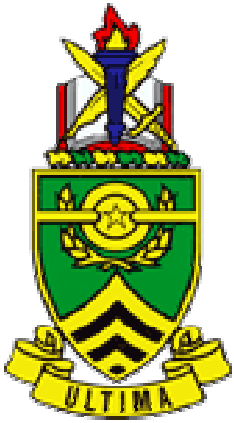
- AR 600-63, Army Health Promotion, 17 November 1987
- DA PAM 600-63-12, Fit to Win Spiritual Fitness, September 1987
- DA PAM 600-63-2, Fit to Win Commander's Guidance, August 1987



# Definition



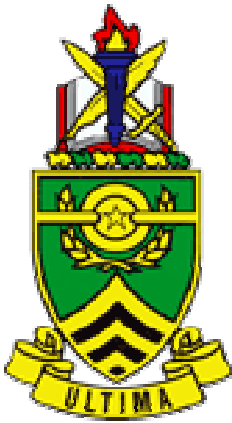
- AR 600-63, *Army Health Promotion*.
  - Spiritual Fitness: “The development of those personal qualities needed to sustain a person in times of stress, hardship, and tragedy. These qualities come from religious, philosophical, or human values and form the basis for character, disposition, decision making, and integrity.”



# Context



- **None of us are the same**
  - **Different Religions**
  - **Different Cultures**
  - **Different Experiences**
- **No One Definition of “Spiritual”**

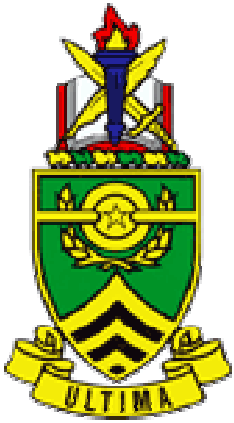


# Army Chief of Chaplains

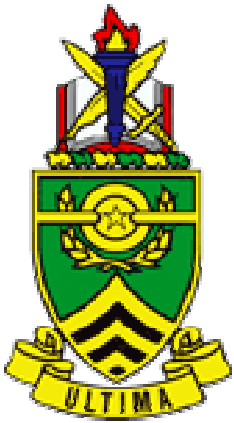
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- **S**pirituality – *Know God and Yourself*
- **A**ccountability – *Yourself and Others*
- **C**ompassion – *Love within the Law*
- **R**eligious Leadership – *Walk the Talk*
- **E**xcellence – *Aim for the High Ground*
- **D**iversity – *Cooperation without Compromise*



**Dr. Norman Krassner**



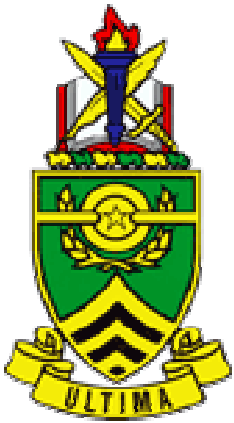
# Question ?



**What things need  
to happen to  
make your life a  
living “heaven or  
hell?”**





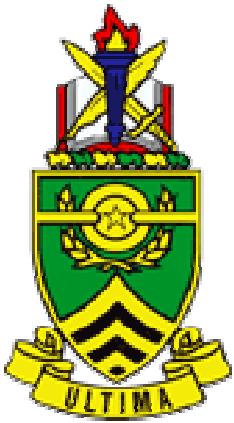


# Definition



Spiritual Fitness  
Provides:  
Orientation  
Balance  
Energy

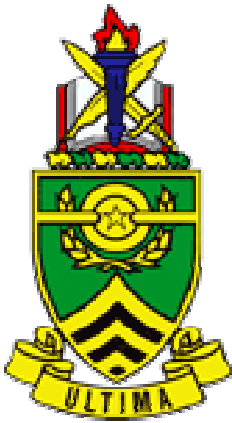




# Apology to Maslow



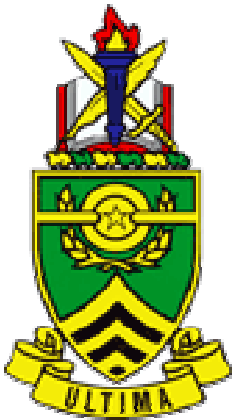
- **Not = to Self Actualization**
- **Spiritual Fitness has an inverted element of Maslow's hierarchy.**
- **Spirituality comes forward in times of crisis and pain.**



# Picking up the Pieces

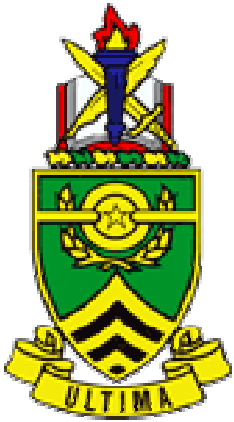


- Plato vs. Aristotle vs. Nietzsche
- Zen/Adonai/Ensh-Allah/Sovereignty
- Avodah
  - Blessing
  - Vocation

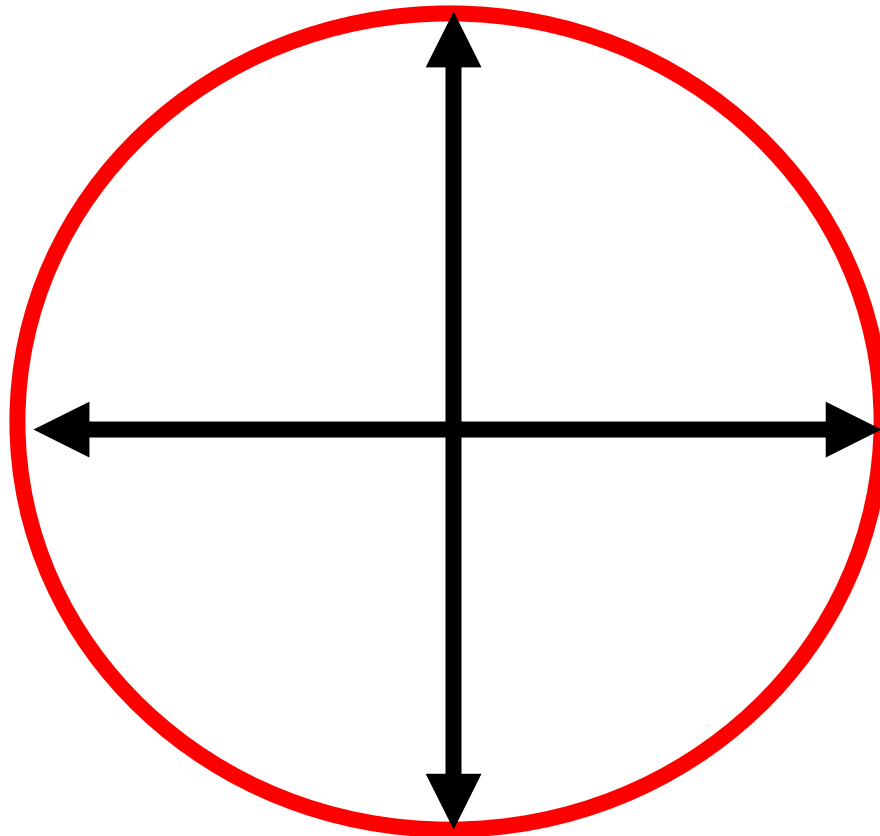


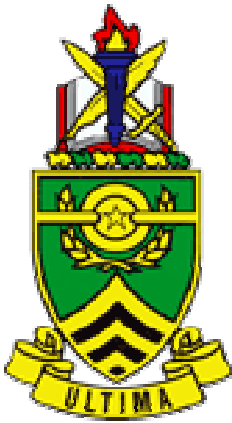
# Avodah in Action





# Spiritual Fitness Model





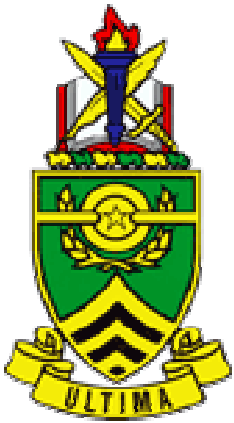
# Spiritual Fitness Model



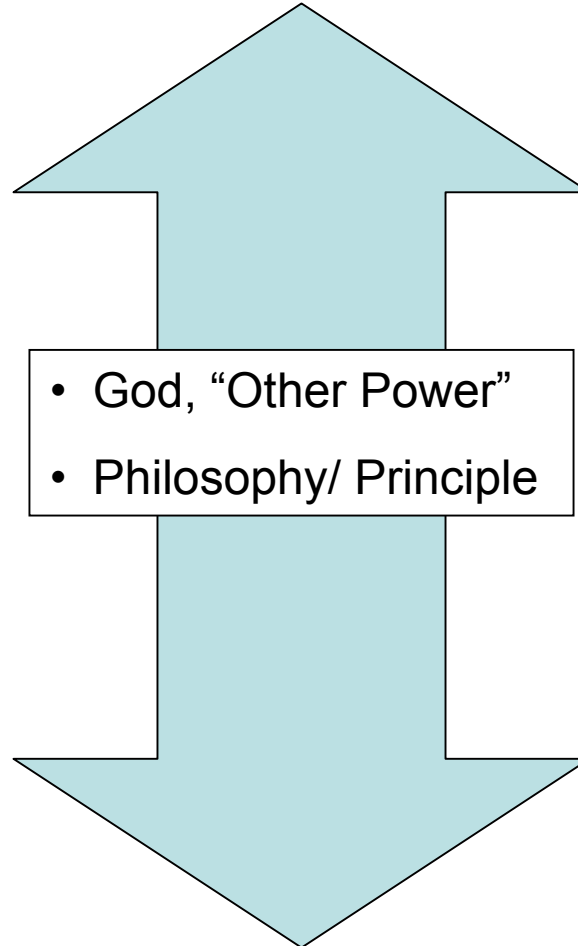
- Unity
- Inclusion
- Whole
- Seeks Big Picture

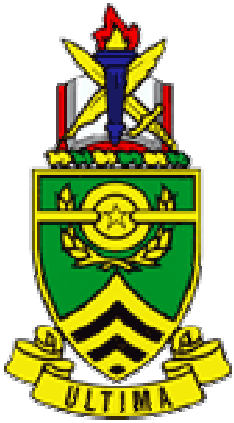
**“Do not understand so you may believe, but  
believe so you may understand.”**



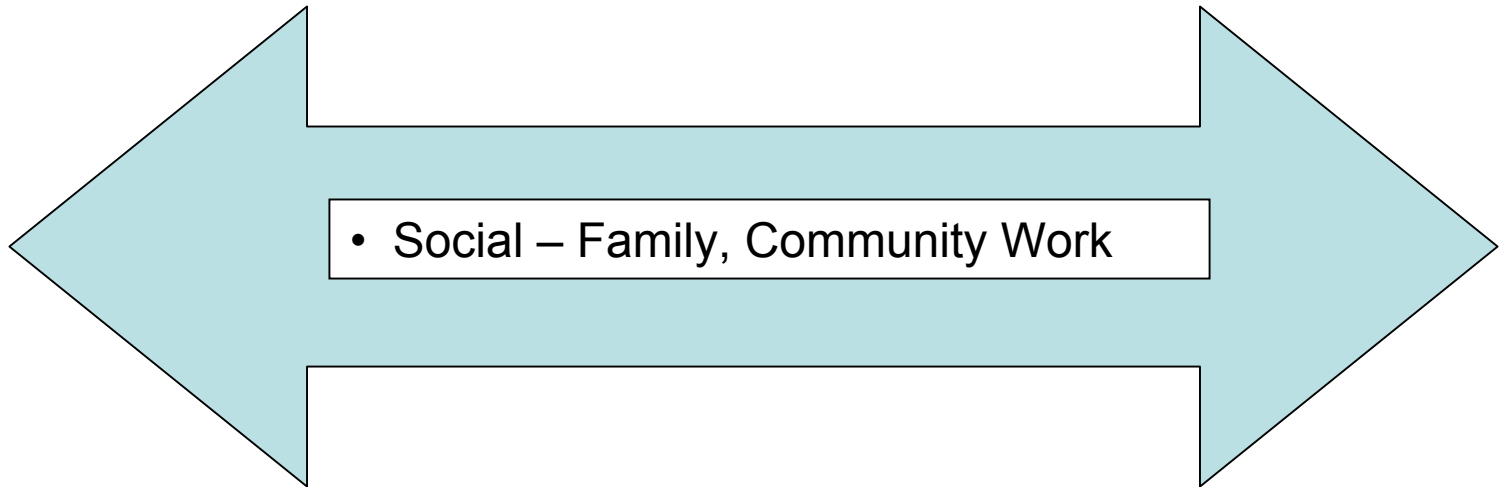


# Spiritual Fitness Model

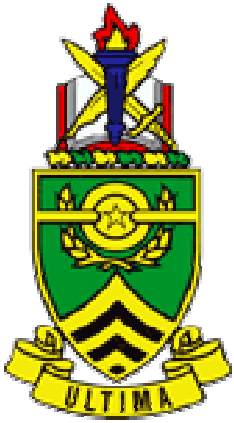




# Spiritual Fitness Model







# Spiritual Fitness Model

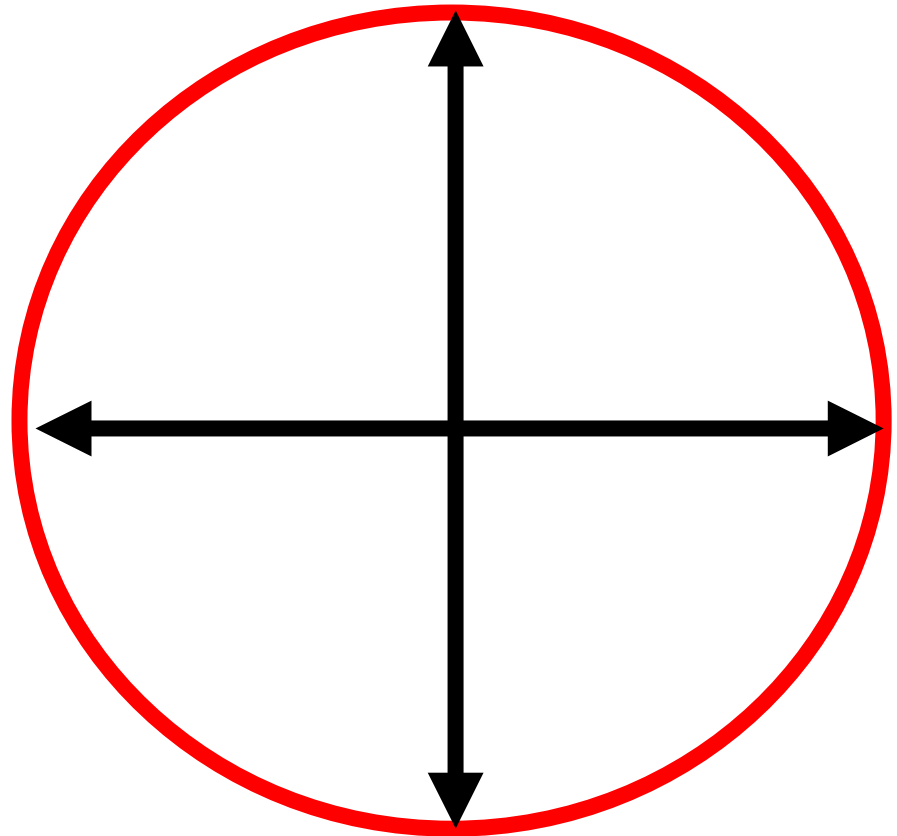


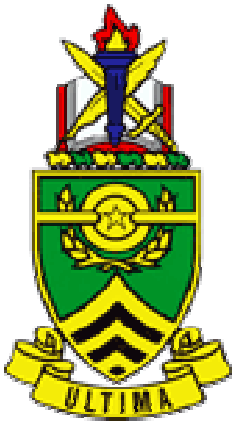
Orientation

- Elevation
- Windage

Balance

Energy



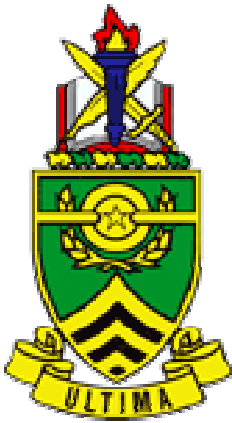


# Spiritual Fitness Training

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- Level 1 – Unit Program
  - Pluralistic / Diversity
  - Values, Stress, Soldier Programs
- Level 2 – Unit Specific Program
  - Religious Program --
  - Services
- Level 3 – Individual
  - Mentoring/ Counseling
  - Individual Discipline

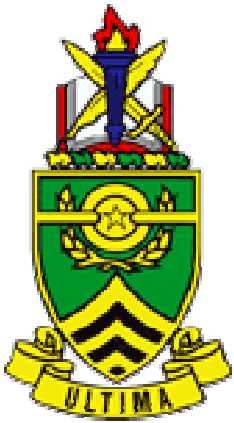


# Spiritual Fitness USAMA

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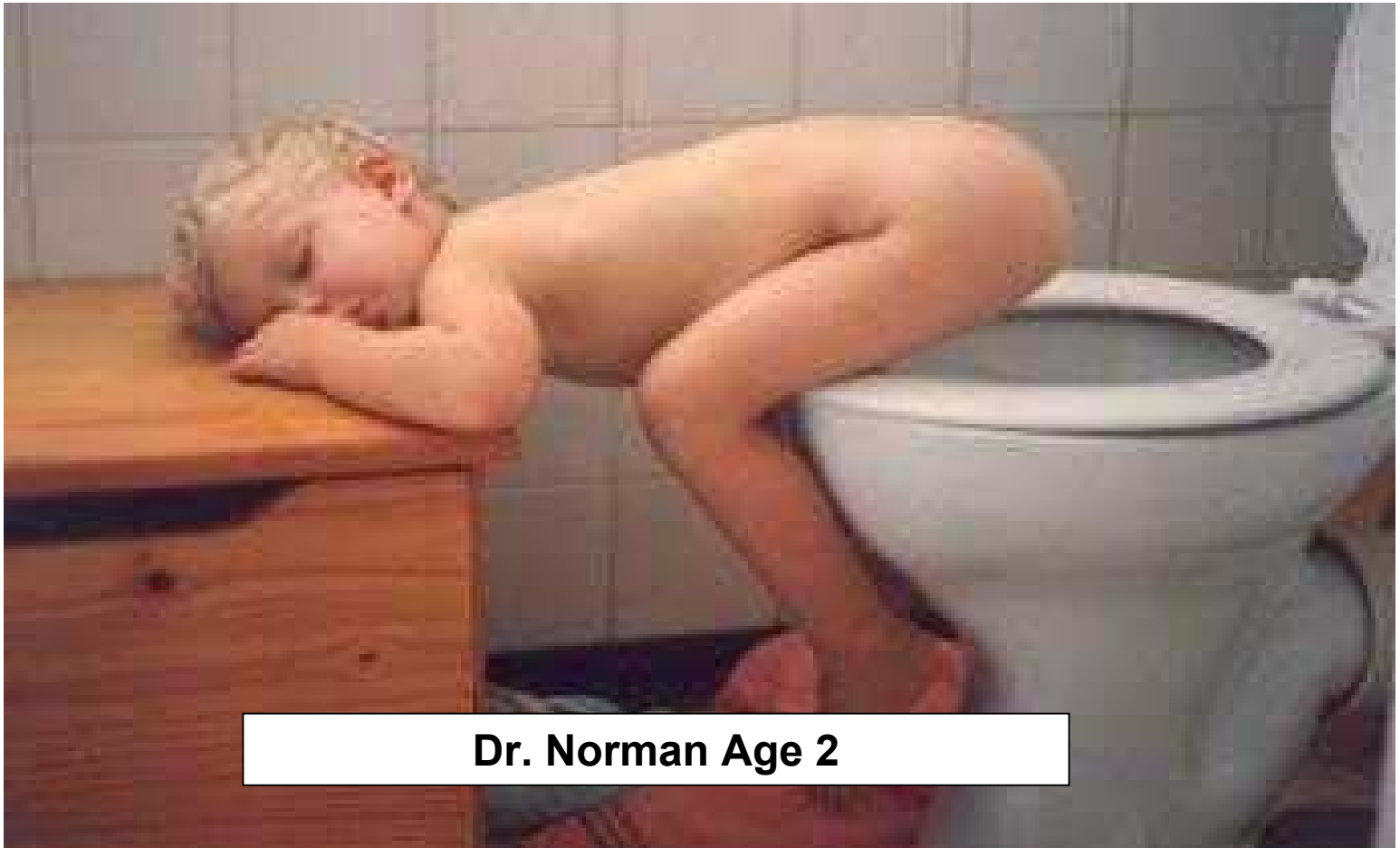


- Level 1 – Unit Programs
  - Pluralistic / Diversity
  - Classes and Briefs
  - BIONIC LUNCHEONS
- Level 2 – Unit Specific Program
  - Religious Programs – Committee/ Prayer Breakfasts
  - Religious Services
- Level 3 – Individual
  - Mentoring/ Counseling
  - Individual Discipline



# Questions?

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Dr. Norman Age 2